

The Scoop – November 2023

From the Desk of Pastor Sadler



*Restoration
Revival
Renewal*

It's Revival time and the 2023 year has been a blessing for our country, church, and family, therefore, we embrace the theme "Thanks-Giving." We are anticipating ending the year with a renewed sense of restoration for our lives, revival in our church, and renewal around the world.

Psalms 136 verses 1-8 echoes our desire to give thanks to the one who has continued to allow us to live, move, and have our being.

"O give thanks unto the Lord; for he is good: for his mercy endureth forever. O give thanks unto the God of gods: for his mercy endureth forever. O give thanks to the Lord of lords: for his mercy endureth forever. To him who alone doeth great wonders: for his mercy endureth forever. To him that by wisdom made the heavens: for his mercy endureth forever. To him that stretched out the earth above the waters: for his mercy endureth forever. To him that made great lights: for his mercy endureth for ever: The sun to rule by day: for his mercy endureth forever" (KJV).

We invite you to join in the faith walk with us as we continue to explore the journey that is ahead of us during our Fall Revival which will be held in-person November 15th –November 17th @ 7pm each night. Our revivalist will be Bishop Melvin G. Brown Pastor of The Greater New Hope Baptist Church.

Join us this fall as we are now open for full in-person worship each Sunday at 10:30am for Praise & Worship which is also continued on our Zoom Worship link.

In-Person Worship Schedule (Social Distancing Observed & Mask Required)

- Sunday, November 5, 2023 @ 10:30 AM **Regular Worship**
- Sunday, November 12, 2023 @ 10:30 AM **Regular Worship**
- Sunday, November 19, 2023 @ 10 AM **Communion**
- Sunday, November 26, 2023 @ 10:30 AM **Regular Worship**

Sunday Morning Worship on Zoom 9 am

Zoom: <https://us04web.zoom.us/j/525898236> | Audio: (301) 715-8592 | Meeting ID: 525 898 236

[Take the In-Person Worship Opinion Survey!](#)

Upcoming Activities Highlights



It's Fall Revival Time!

November 15, 16 & 17
7:00 pm

New Morning Star Baptist Church
Revivalist will be
Bishop Melvin G. Brown, Pastor
The Greater New Hope Baptist Church

S.A.L.T. - Serving and Learning Together (Growth & Development Series) - First Saturday of every month at 10 am. Zoom: <https://us02web.zoom.us/j/89126764163> | Audio: (301) 715-8592 | Meeting ID: 891 2676 4163. Next meeting is on December 2, 2023.

Central Mission Union Outreach In-person Worship *"No One Should Live Hungry And Homeless"*: Every third Monday at 7 pm, *in person only*, at 65 Massachusetts Avenue, NW Washington, DC, 20001. Next meeting is on November 20, 2023.

Enlightenment, Enhancement, & Enrichment: Every 4th Wednesday @ 7 pm. Next meeting is on November 22, 2023. This month's topic is: *Protecting Yourself from Scams, Identity Theft, and Elder Abuse*. To register, send an email to pnunez3@jhmi.edu

The Journey

(daily, weekly and monthly worship schedules)

You are invited to join us on “**The Journey**” as we continue during our weekly, daily, and monthly virtual experiences on Zoom and the conference call numbers.

Special Prayer of Faith, Intercessory Prayer of Hope & Corporate Prayer of Joy

Monday – Friday at 7 am | Conference Call Number (605) 475-4000 code 1018295#

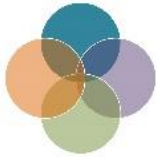
Midweek Study, Testimonies, Prayer Request & Praise Report – Wednesdays

Use Conference Call Number (605) 475-4000 code 1018295# for the following:

- 12 noon: Prayer, Praise and Bible Study: [Get the current Bible Study Schedule on the Resources page](#)
- 7:00 pm: Prayer, Praise and International Sunday School Lesson Exposition
→Subscribe to a Video Summary of the International Sunday School Lesson on [YouTube](#)

Devotional Reading

[Get the current Devotional Reading Schedule on the Resources page](#)



Focus on the Family: Men, Women, Children, Service

“The News @ Noon”

Hour of Power

Every Wednesday @ Noon

Conference Call Number: (605) 475-4000, code 1018295#

Care Partners Support Group

First and third Wednesday of every month, @ 1 pm.

Conference Call Number: (605) 475-4000, code 1018295#. Meeting on November 1 and 15

Youth Ministry Rehearsal

Friday before 2nd Sunday at 5:30 pm

Zoom: <https://us02web.zoom.us/j/87474748295>

Audio: (301) 715-8592 | Meeting ID: 874 7474 8295

Men and Women's Ministry Joint Fellowship: Last Friday of the month @ 7 pm. **NOTE: Next meeting will be held on January 26, 2024.**

Zoom: <https://us02web.zoom.us/j/89126764163>

Audio: (301)-715-8592 / Meeting ID: 891 2676 4163

New Morning Star is a SHARE Food Host Site!



HEALTHIER FAMILIES ♦ STRONGER COMMUNITY

The SHARE Food Network is a non-profit, community-based organization dedicated to offering healthy, nutritious groceries at a roughly 50 percent discount to everyone on a monthly basis. Value packages cost just \$25 every month with optional Special Premium packages that can be additionally purchased.”

- Get your monthly menu at church or on the SHARE Food Network website: <https://www.catholiccharitiesdc.org/share/>
- Purchase a value package in our Church’s Share Food Network envelope or through **Givelify**
- Make your payment by the schedule deadline date (See SHARE Calendar)

Health & Wellness Corner

By Gwendolyn Sadler, RN

Visit the [Health Corner](#) on our website for more information about: **American Diabetes Month**

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there's also good news! You can take charge of your health! Following are some tips to get started:

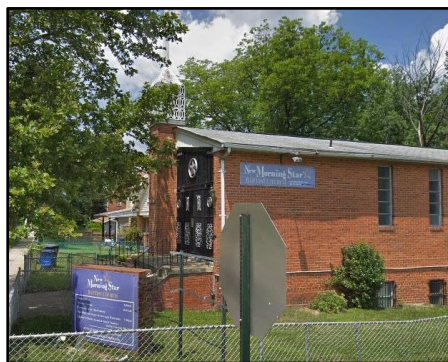
1. Manage your blood glucose, blood pressure, and cholesterol levels. You can start by managing your diabetes ABCs: · A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night. · B is for blood pressure. · C is for cholesterol.
2. Take small steps toward healthy habits. · Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs. You don't have to do it all at once. Start slow and build healthier habits from there.
3. Take your medicines on time. · Remember to take your medicines even if you feel healthy.
4. Reach or maintain a healthy weight. · If you are overweight or obese, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.
5. Take care of your mental health. · Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress. Work with your health care team.
6. Managing diabetes takes a team. · Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator.

For more information visit:

[National Diabetes Month 2023](#) | [Observing American Diabetes Month](#)

I am available for questions and assistance!

Contact: Gwendolyn Sadler, RN, BSN, CCM | gbs0229@gmail.com | (301) 922-4259



⇒ ⇒ [Visit New Morningstar Baptist Church Website!](#)